Together We Are One

Draft Schedule

Mindfulness Retreat with Venerable Thich Nhat Hanh and the Fourfold Community of Plum Village International at Deer Park Monastery September 6th - 11th 2011

Tuesday September 6th		Wednesday September 7th	Thursday September 8th	Friday September 9th	Saturday September 10th	Sunday September 11th
Arrival Day 1pm Registration Begins 5:30pm Dinner 7:30pm Orientation	5:00	Wake Up				
	5:30	Walking to Meditation Hall		5:30 Pick up Breakfast 5:45 Hiking (Sitting Meditation and Breakfast on the Mountain) 8:30 Walk down	Walking to Meditation Hall	
	6:00	Guided Sitting Meditation			14 MT Transmission Ceremony	2 Promises & 5 MT Transmission Ceremony
	6:45	Walking Meditation				
	7:45	Breakfast in Silence			Breakfast in Silence	
	8:45-9:45	9:00 Meet Service Meditation family Shift A: Outside dining hall Shift B: Up in Solidty Garden area	Working Meditation *(personal time for those not working at this time)*		Working Meditation *(personal time for those not working at this time)*	
	10:00	Dharma Talk			Q & A	Dharma Talk
	12:30	Lunch in Silence				
	2:15-3:00	Working Meditation / Order of Interbeing Gathering / What is O.I.?	Working Meditation / Deep Relaxation / Presentation	Working Meditation / Deep Relaxation / Consultations		Retreat Ends after Lunch
	3:30-5:00	Dharma Discussion (shift A) Deep Relaxation & Touching the Earth (shift B)	Dharma Discussion			
	5:15-6:00	Gathering about the Basic Practice	Presentation/ Consultations	EIAB Presentation/ Consultations	Presentation / Consultations	
	6:00-7:00	Dinner in Silence				
	8:00-9:30	Dharma Discussion (shift B) Deep Relaxation & Touching the Earth (shift A)	5 Mindfulness Trainings Presentation	Beginning Anew Presentation	Be-In	Deer Park is here for you.
	Please support the practice of NOBLE SILENCE from after the evening activity until after the Dharma Talk the next morning. LIGHTS OUT at 10 pm.					